



2026 School Wellness Summit
Wednesday, October 7, 2026
8:30AM-3:30PM
Santa Barbara County Office
of Education Auditorium

Learning • Linking • Leading • Transforming School Wellness Together

- AGENDA -

8:00 ***Summit Check-in and Networking Coffee & Tea***

8:30 ***Morning Session***

Welcome by Dr. Susan Salcido, Santa Barbara County Superintendent of Schools

The Breathing Room: How Outdoor Education + Movement Fosters Physical Restoration

The Physical Restoration Framework reveals what outdoor learning advocates have long understood: Children thrive in relationship with the natural world. Outdoor physical education is not an extension of the classroom—it is its most embodied expression. Outdoor learning does not require reinvention. It requires recognition. Imagine schools where every child steps outside daily. Where movement is not withheld but woven into learning. This is not aspirational. It is actionable. When we intentionally connect, reflect, explore, and restore in outdoor physical education, we cultivate more than fitness—we cultivate resilience, stewardship, and belonging.

• **Allyson Reeds, Ed.D.**, Orange County Department of Education

10:30 ***Morning Break***

10:45 ***Powering School Professionals: Strengthening Staff Wellness for Healthier Schools***

Staff wellness is at the heart of a healthy school culture. This session explores how supporting the mental, emotional, physical, and social wellbeing of school professionals can help create a positive school environment where both staff and students can thrive. Leave with practical ideas and tools to turn staff wellness into meaningful, sustainable action.

• **Maryam Shayegh**, Los Angeles County Office of Education

• **Nelly Alonso**, Los Nietos School District

• **Jennifer Kim**, Hawthorne School District

12:15 ***Networking Lunch***

1:15 ***Afternoon Session***

YouthWell Resources & Community Supports

• **Rachael Steidl**, YouthWell

8 Dimensions of Wellness, Highlighting the ABCs of Self-care

Explore the 8 Dimensions of Wellness. Discover simple, practical strategies to support whole-person wellbeing and strengthen a school culture where students, staff, and families feel connected, supported, and ready to thrive—Awareness, Balance, and Connection

• **Maribel Landeros**, Santa Barbara County Department of Behavioral Wellness

Closing Remarks

• **Suzanne Grimesey**, MFT PIO/Chief of Strategy and Community Engagement,
Santa Barbara County Department of Behavioral Wellness

3:30 ***End of Programming***

www.SchoolWellnessSummit.org
